

How to Read a Food Label

Nutrition Facts	
8 servings per container	
Serving size	1 2/3 cup (55g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	6%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients:

1 Know serving size and servings per container

2 Limit these: Saturated fat, trans fat, cholesterol and sodium
 <5% = goal
 >20% = a poor choice

3 Get enough of these: Fiber, vitamins, and minerals
 >20% = goal
 <5% = a poor choice

4 Added sugar no more than 10% daily intake

5 Always read the ingredient list

- Look for foods with less than four ingredients
- Whole ingredients are always better
- Avoid the words: "enriched," "bleached," "processed," "syrup," "refined," and "hydrogenated"



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